

Sun. July 15	OPEN SWIM	1:00 pm-	3:00 pm
	OPEN SWIM	6:30 pm-	8:30 pm
Mon. July 16	Rochester Swim Club (Monday, Wednesday & Friday)	9:00 am-	10:30 am
	125 Live Members Only Open Pool (Monday through Thursday)	10:30 am-	11:30 am
	PARENT/TOT SWIM (Warm Water Pool Only)	10:30 am-	11:30 am
	ADULT LAP SWIM (shared with 125 Live)	10:30 am-	11:30 am
	ADULT LAP SWIM	11:30 am-	1:15 pm
Tues. July 17	ADULT LAP SWIM	11:30 am-	1:15 pm
Wed. July 18	PARENT/TOT SWIM (Warm Water Pool Only)	10:30 am-	11:30 am
	ADULT LAP SWIM (shared with 125 Live)	10:30 am-	11:30 am
	ADULT LAP SWIM	11:30 am-	1:15 pm
Thurs. July 19	ADULT LAP SWIM	11:30 am-	1:15 pm
Fri. July 20	Rochester Swim Club Swim Meet – MRC Long Course	10:30 am-	9:00 pm
Sat. July 21	Rochester Swim Club Swim Meet – MRC Long Course	7:00 am-	9:00 pm
Sun. July 22	Rochester Swim Club Swim Meet – MRC Long Course	7:00 am-	9:00 pm